Clean Eating

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Golden Beet Borscht Stew

A traditional Eastern European dish, our borscht uses golden beets for a pop of color. Smoked paprika provides an earthy depth of flavor while Greek yogurt stands in for sour cream.

JOANNE LUSTED (HTTPS://WWW.CLEANEATINGMAG.COM/BYLINE/JOANNE-LUSTED/)

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Maya Visnyei

SERVINGS	PREP TIME	COOK TIME	DURATION
6	40 min	35 min	75 min

Ingredients

- [ ] 2 tbsp grape seed oil
- [ ] 3 cloves garlic, minced

- [ ] 1 yellow onion, coarsely chopped
- [ ] 1/2 tsp smoked sweet paprika
- [ ] 1/2 tsp fresh ground black pepper, divided
- [ ] 2 carrots, peeled and coarsely chopped
- [ ] 4 cups peeled and chopped golden beets (1-inch pieces)
- [ ] 4 cups thinly sliced white cabbage
- [ ] 4 cups low-sodium vegetable or chicken stock
- [ ] 1 tbsp white wine vinegar
- [ ] 1/4 cup chopped fresh dill, divided
- [ ] Sea salt, to taste
- [ ] 1/2 cup nonfat plain Greek yogurt

Preparation

1. In a large, heavy-bottomed pot or Dutch oven on medium-high, heat oil. Add garlic and onion and sauté, stirring frequently, about 4 minutes, until soft and translucent.
2. Stir in paprika and 1/4 tsp pepper, then add carrots, beets, cabbage and stock. Bring to a boil, reduce heat to low, cover and simmer for about 30 minutes or until beets are tender when pierced with a fork. Remove from heat. Stir in vinegar, 2 tbsp dill, remaining 1/4 tsp pepper and salt. (TIP: For a creamier dish, transfer about half of the soup to a blender and purée. Add purée back to soup and stir.)
3. Meanwhile, whisk together yogurt and remaining 2 tbsp dill. Divide among serving bowls and top with yogurt mixture.

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Nutrition Information

Serving Size	1 1/2 cups stew and 4 tsp yogurt
Calories	137
Carbohydrate Content	19 g
Cholesterol Content	0 mg
Fat Content	5 g
Fiber Content	5 g
Protein Content	4 g
Saturated Fat Content	1 g
Sodium Content	217 mg
Sugar Content	11 g
Monounsaturated Fat Content	0 g
Polyunsaturated Fat Content	3 g

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